



Winter Special Events

November 3
3rd Annual LOVE
YOU - Ladies Night
Erie Community Center
5:30 - 8:00 p.m.

November 24
The Pilgrimage Run
8:00 a.m. - 12:00 p.m.

December 2
Country Christmas &
Parade of Lights
5:00 - 8:00 p.m.



Erie Community Center special hours:

Thanksgiving, Christmas Eve
New Years Eve

6:00 a.m.—1:00 p.m.

Christmas Day—Closed

No Lunch

November 24

December 22

December 29

Senior Spotlight—Jerry Landon



Jerry Landon was born on his grandfathers homestead in Big Horn, Wyoming in 1926. Jerry has spent most of his life working on ranches. As a teenager he worked at Bradford Brinton Memorial Ranch milking cows and helping in the hay field. During the school year he played basketball, he earned the nick name “lightning” and helped take his team to the regionals. Off the court he enjoyed participating in wild horse racing, team roping and bareback bronco riding in the Sheridan Rodeos.

After High School, Jerry worked as the trail boss at the Tee Pee Lodge Ranch in Wyoming. Guests came from out east to experience the western way of life. Jerry took them riding, fishing and gave them an authentic cowboy experience. Jerry had a gift for matching riders with horses. During the busiest times at the ranch Jerry had 104 riders working for him. After 20 years as the corral boss, Jerry felt it was time for a new adventure. He took a job at a small guest ranch in Arizona where he met and fell in love with his future wife Cherry. Having never met a real cowboy Cherry was smitten, after two years they were married.

After leaving Arizona, Jerry helped run hunting camps in Wyoming. People would come from all over to hunt deer and elk in Wyoming. Some of Jerry’s guest were famous. One hunting season Walt Disney’s son, famous baseball pitcher Dizay Dean, was a guest at the ranch.

Deciding that a guest ranch wasn’t the place they wanted to raise their children. Jerry and Cherry moved to Wheatland, Wyoming and purchased a fifty square mile ranch with 1500 head of cattle. Their ranch was the perfect place to start their family. Jerry and Cherry had two children, Calvin and Jennifer. The whole family was involved in 4H, rodeos, basketball, and volleyball. Their children learned to help out on the farm, birthing cows, stacking hay and general ranch work. The children hated every minute of it, but for Jerry, life on his ranch was his dream come true.

All dreams must come to an end, so after 35 years of a wonderful hard working life of cattle ranching Jerry sold the cows and the ranch to Mr. John Deer. Cherry wanted to move closer to their children so they started looking for a new home in Northern Colorado. They found a new home in Wellington and lived there for a few years before they found exactly what they were looking for in Erie, acreage with mountain views, chickens, rabbits, cats and dogs.

Jerry now spends his days playing cribbage, a game his father taught him and boarding horses on his property. Jerry enjoys attending fitness classes, Erie Never Stops Walking, and the Senior lunches on Thursdays.

Even though he no longer lives on a ranch, Jerry is still very much a cowboy at heart. If you have never had the chance to meet Jerry you can’t miss him, just look for his signature white cowboy hat.

For more information, contact
Cindy Hickman,
Active Adults Coordinator,
303.926.2795
chickman@erieco.gov

COLUMBINE LOUNGE

The Columbine Lounge is open Monday - Friday, 8:00 a.m. - 4:00 p.m. You are welcome to stop by for a cup of coffee, join others who are playing a variety of games, log on to one of our computers, read a book, play a game of pool, or enjoy visiting with others. Participation in the lounge is free of charge to residents and non-residents. Did you know we have many board games and puzzles available for your use? Also, we have a book and movie exchange. If you have a book or movie you would like to recycle, please leave it on the bookshelf in the Lounge for someone else's enjoyment.

DROP-IN ACTIVITIES

Join us in the Columbine Lounge (unless otherwise indicated) during these times when others will be participating in the following activities. These scheduled times are ongoing.

Mon & Fri	9:00 a.m.	Coffee Talk
Mon & Wed	1:00 p.m.	Hand and Foot Canasta
Tuesday	12:30 p.m.	Party Bridge
Wednesday	1:00 p.m.	Duplicate Bridge
Thursday	1:00 p.m.	Busy Fingers
1st & 3rd Fri	9:00 a.m.	Painting in Lehigh Room
Friday	1:00 p.m.	Drop-In Games

COMMUNITY RESOURCE PROGRAM

If you need information or assistance connecting to local resources for seniors (60+) and their families residing in Erie, please call 303.926.2795.

THURSDAY LUNCHES

Lunches are provided by The Friendly Fork: Weld County Senior Nutrition program every Thursday at 12:15 p.m. Join us for the social hour beginning at 11:00 a.m. Reservations are required no later than Tuesday at 5:00 p.m. by calling 303.926.2795.

\$3.00 - Suggested Donation for 60 +
\$10.00 - Fee for under 60

AFTER LUNCH ENTERTAINMENT

After lunch, join us for free entertainment.

Entertainment begins at approximately 12:45 pm and is open to anyone, whether you eat lunch with us or not.

November 3	David Potter
November 10	EHS Choir
November 17th	Spellbinders
December 1	EHS Choir
December 8	Ann Hepper—Piano Player



**Hearing Assistance
Available**

This facility is *equipped* with a hearing

Trip Physical Activity Levels:

This is a generalization for trips.

Easy: Ability to board the bus, easy, mostly sitting

Light: Mostly sitting, with some walking

Moderate: Some walking, possible stairs

High: Lots of walking, stairs, elevation

Please contact the Active Adults Coordinator prior to registration for any questions regarding accessibility. Not all venues are accessible. For more information on day trip registration, accessibility, etiquette, cancellations and refunds see the trip brochure posted online or pick up a hard copy in the Columbine Lounge.

CASINO TRIPS



MARDI GRAS CASINO

Mardi Gras Casino - Light

Sit back and relax as you are comfortably taken to the Mardi Gras Casino. The casino package

includes \$10 food credit, \$5 free play on card, and free drinks while gambling. You must use your player card to earn points and receive package.

You must be age 21 to enroll for these trips. **Meals are on your own. Fee includes transportation.**

Registration deadline is two weeks prior to date.

Day	Date	Time	Activity #
Mon	Nov 28	8:30 a.m.-4:30 p.m.	5360.301
Mon	Dec 19	8:30 a.m.-4:30 p.m.	5360.401

Fee: R \$5 / NR \$9 OR Non-Senior



DAY TRIPS

Black Canyon Distillery Tour - Moderate

Fred put his knowledge, skill, and good old American ingenuity to work in producing a beautifully balanced whiskey from fine Colorado grain and pure Rocky Mountain water. He discovered tried and true recipes to make one-of-a-kind whiskeys, which have a rich golden color, along with hints of caramel and vanilla flavors extracted from new white oak. Lunch first at Rancheros Mexican Restaurant. Fee includes transportation and tour. Meal on your own.

Registration deadline October 24.

Day	Date	Time	Activity #
Mon	Nov 7	12:00 p.m.-4:00 p.m.	5369.101

Fee: R \$9 / NR \$15 OR Non-Senior

Star Wars and the Power of Costume, DAM - Moderate

Take a journey into the Star Wars™ universe as characters are brought to life through a presentation of more than 60 costumes. Star Wars™ and the Power of Costume will closely examine the captivating process of costume design for iconic outfits featured in all seven films of the Star Wars series—from Princess Leia's unforgettable bikini to Darth Vader's imposing black armor. Fee includes transportation and museum. Meal on your own. Registration deadline November 1.

Day	Date	Time	Activity #
Sat	Nov 19	9:30 a.m.-2:30 p.m.	5368.101

Fee: R \$35 / NR \$45 OR Non-Senior





Blossoms of Light - High

Baby, it's cold outside! But that's never stopped the Denver Botanic Gardens from exhibiting its beautiful outdoor plant life. The illumination of the greenery, fills gardens and icy ponds with twinkling bulbs, glowing spheres and gleaming animated scenes. Enjoy the colors as you wander through the Japanese Garden, South African Plaza and more, taking in the rich pastels and neon colors of the display's LED lights. Fee includes transportation and gardens. Registration deadline December 6.

Day	Date	Time	Activity #
Wed	Dec 21	4:00 p.m.-8:00 p.m.	5374.101
Fee: R \$15 / NR \$19 OR Non-Senior			



SUPPER CLUB

Price Range for Restaurants

\$ = Inexpensive - Under \$10

\$\$ = Moderate - \$11-\$30

\$\$\$ = Pricey - \$31-\$60

Go Fish Sushi, Broomfield \$\$ – Easy

Here you can grab a beautifully prepared Japanese meal and a drink at the bar that serves a variety of wines, local beers and imported sakes. Go Fish Sushi continues to deliver Sushi with an attitude. Fee includes transportation. Meal is on your own. Registration deadline is October 31.

Day	Date	Time	Activity #
Tues	Nov 15	4:30 p.m.-7:00 p.m.	5393.101
Fee: R \$9 / NR \$15 OR Non-Senior			



The Empire Lounge, Louisville \$\$ – Easy

The food at Empire ranges from fairly simple with the mac and cheese to more complex with the cod special. The pork chops and burgers are definitely the top glorified food on the menu. Come join this relaxed New American eatery known for its delicious food, refined cocktails and delectable desserts. Fee includes transportation. Meal is on your own. Registration deadline is November 18.

Day	Date	Time	Activity #
Fri	Dec 2	4:30 p.m. - 7:00 p.m.	5394.101
Fee: R \$9 / NR \$15 OR Non-Senior			

Corona's Mexican Restaurant, Broomfield \$\$ – Easy

Mexico's food is as exciting and colorful as its art and music, as dramatic as its history and as appealing as its lively, warm-hearted people. Come taste the freshest ingredients available and the finest recipes. Fee includes transportation. Meal is on your own. Registration deadline is December 5.

Day	Date	Time	Activity #
Tues	Dec 20	4:30 p.m.-7:00 p.m.	5395.101
Fee: R \$9 / NR \$15 OR Non-Senior			



Extended Travel

Flyers are available on all trips in the Columbine Lounge or for more information, call 303.926.2795.

Arizona Spring Training Getaway - 2017

March 19 head to Arizona to explore Phoenix, Tucson and enjoy 2 spring training baseball games. You will spend six nights in the Phoenix area with visits to Old Town Scottsdale, The Heard Museum, Tucson and other attractions.



Pacific Coast Adventure - 2017

June 15 spend 9 days traveling from Seattle to San Francisco. This trip includes stays in Washington, Oregon and California. It also includes city tours, museums, National Parks, the Golden Gate Bridge and ends with a two night stay on Fisherman's Warf in San Francisco.



Special Events

Veterans Day Celebration

The celebration begins with a catered meal sponsored by **Chick-fil-A**. The ceremony includes a flag ceremony, a choral performance by the Erie High School Choir, and guest speaker, Active Minds, will explore the significance of this holiday and the issues and contributions of those who have served our country in war and peacetime. **Registration deadline October 23. Past and current members of the military are welcomed to wear their uniforms. All ages welcome.**

Day	Date	Time	Activity #
Fri	Nov 11	12:00 - 2:00 p.m.	5352.101
Fee: FREE			

General Interest

Ask the Doctor - Do More Hurt Less

Speak to a health care professional about the questions you have, to get the answers you need for healthy living. There will be food and refreshments served so you have a chance to reflect and discuss. This month you will speak with Dr. Nirav Shah, Orthopedic Surgeon, about joint pain and arthritis. Registration deadline is November 14.

Day	Date	Time	Activity #
Tues	Nov 29	11:00 a.m. -12:00 p.m.	5333.101
Fee: Free			

Healthy Living for your Brain and Body

For centuries we have known that the health of the brain and the body are connected. Now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet, exercise, cognitive and social engagement. Presentation by Kelly Walker, Regional Director of Alzheimer's Association Colorado in Northeast CO. Registration deadline is November 2.

Day	Date	Time	Activity #
Wed	Nov 16	2:30 - 3:30 p.m.	5334.101
Fee: Free			

Card Making

This drop-in class consists of several optional projects using mainly rubber stamping, but also incorporates other techniques to create cards. Card options include holiday, birthday, get well, hello, sympathy or blank. A non-card project will also be available, such as a gift bag. Please bring adhesive and scissors. Glue is provided. You must register one week in advance by emailing cards@stearmanpress.com.

Registration limited to 12 spots. You pay the instructor the day of class.

Day	Date	Time
Sat	Nov 5	10:00 a.m.-12:00 p.m.
Sat	Dec 3	10:00 a.m. - 12:00 p.m.
Fee:		\$3 per project

FITNESS & WELLNESS

Introduction to Qi-Gong and Tai-Chi Chuan

Qi-gong is the practice of coordinating one's mind, breathing, and body movement to improve circulation throughout the body. Based on one's practice, mental attitude, metabolism, sleep, physical strength and balance, and thus over-all health will display significant improvement. Slowness, lightness, balance, calmness and clarity are its qualities. Students will be taught the 24-Posture Form. Loose clothing and tread-less footwear are recommended.

Registration deadline is one week prior to class start date.

Day	Date	Time	Activity #
Tues	Nov 1 - 29	11:30 am-12:45 pm	5341.301
Tue	Dec 6 - 27	11:30 am-12:45 pm	5341.401
Fee: R \$35 / NR \$45 OR Non-Senior			



Fitness & Wellness

SilverSneakers New Member Meeting

Meet your SilverSneakers Program AdvisorSM and learn all about the many benefits of your SilverSneakers membership and fitness classes offered.

Day	Date	Time	Activity #
Wed	Nov 9	10:00 - 11:00 a.m.	5340.301
Wed	Dec 14	10:00 - 11:00 a.m.	5340.401
Fee: Free			

Active Adults Fitness Class Schedule

MONDAY

8:00-9:00am	Water Aerobics	Jeanne
9:00-10:00am	Low Impact Water Aerobics	Jeanne
11:00-12:15am	Gentle Yoga	CM
1:30-1:30pm	SS Classic	Sonia
4:15-5:15pm	Zumba	Helene
5:30-6:30pm	Yoga	Wendy

TUESDAY

8:00-9:00am	Water Aerobics	Nancy
8:45-9:45am	SS Classic	Wendy
9:00-10:00am	Low Impact Water Aerobics	Jeanne
9:15-10:15am	Yoga	Andi
1:30-2:30pm	SS Boom Muscle / Mind	Sonia/Virginia
4:15-5:15pm	Nia	Kim
6:45-7:45pm	Barre Tone	Virginia

WEDNESDAY

8:45-9:45am	SS Boom Move It / Mind	Sonia
8:00-9:00am	Water Aerobics	Jeanne
9:00-10:00am	Low Impact Water Aerobics	Jeanne
11:00-12:15pm	Gentle Yoga	CM
1:30-2:30pm	SS Circuit	Wendy
4:15-5:15pm	Zumba	Helene

THURSDAY

8:00-9:00am	Water Aerobics	Jeanne
8:45-9:45am	SS Circuit	Sonia
9:00-10:00am	Low Impact Water Aerobics	Jeanne
10:30-11:30am	Pilates	Wendy
4:15-5:15pm	NIA	Kim
6:30-7:45pm	Yoga	Robyn

FRIDAY

8:00-9:00am	Water Aerobics	Jeanne
9:00-10:00am	Low Impact Water Aerobics	Jeanne
9:00-10:00am	Gentle Movement	Wendy
9:15-10:15am	Yoga	Nikki

SATURDAY

8:30-9:30am	Barre Tone	Virginia
11:00-12:00pm	Yoga	Maggie

SUNDAY

9:30-10:30am	Yoga	Robyn
10:45-11:45am	NIA	Kim



Blood Pressure Checks

Blood pressure checks are a free service offered by the Mountain View Fire Department. They are offered on the 1st Thursday of every month from 11:00 am – Noon. There is no need to make a reservation, just stop in the Briggs room for a free check.

Medicare Counseling

Free counseling is available for help with Medicare issues. Reserve a 45 minute, one-on-one appointment with a SHIP counselor, specially trained on Medicare insurance. They can help you navigate through your Medicare choices and provide objective answers to your questions. To speak to a counselor or to set an appointment, call the University of Colorado Health Senior Services at 970.313.2796.

Alzheimer's Association Caregiver Support Group

Build a support system with people who understand. This support group, conducted by trained facilitators, is a safe place for current or former caregivers, family, and friends of persons with dementia to exchange practical tips on caregiving, talk through issues, develop coping mechanisms, share feelings, and learn about community resources. Meetings held at the Erie Community Center on the 1st Thursday of every month at 4:00 p.m. To register or for more information, call 970.392.9202.



Via Mobility

Via Mobility Services provides accessible on-demand transportation and mobility options information and referral for older adults, people with disabilities, and others living with mobility limitations. Via provides transportation in Erie, Louisville and Lafayette Monday - Friday, 7:30 a.m. to 5 p.m. Service is available in Boulder and Longmont upon request. Ride requests may be made up to seven days in advance by calling 303.447.9636.

Hearing Screenings

Award-Winning Family Hearing Centers is "HEAR" for you from 9:00-11:00 AM in the Lehigh Room. Complimentary services provided include wax removal, hearing screenings, as well as hearing aid maintenance & repairs. Sign up for a consultation for your EAR-related needs and/or questions, 303.926.2795. If you cannot make these times, Family Hearing can book a complimentary appointment in their office as a member of the Erie Community Center. Please call 303.665.0454 for an appointment at their location.

November 17

Loan Closet

If you are in need of non-medical equipment, such as a walker or shower stool, on a temporary basis, the Erie Rotary Club may be able to help. Call 303.926.2795, Monday - Friday, for more information.

